

# Michigan Surgeon General's Healthy School Environment Recognition Program Sponsored by Michigan Action for Healthy Kids 2008

## Congratulations to 103 Schools for Promoting Healthy Environments!

Michigan's Surgeon General, Dr. Kimberlydawn Wisdom, and Michigan Action for Healthy Kids congratulate the 103 schools recognized in 2008 through the Healthy School Environment Recognition Program (HSERP). The HSERP applauds schools that are making significant improvements in their environment related to healthy eating, physical activity, and tobacco-free lifestyles. The 2007-2008 school year marks the third year of the HSERP and the number of schools being recognized has increased threefold. In 2008 HealthPlus of Michigan provided professional development scholarships to nine HSERP schools.

Award Level	2006 # of Schools	2007 # of Schools	2008 # of Schools
1 <sup>st</sup> Place	4	13	27
2 <sup>nd</sup> Place	9	36	31
3 <sup>rd</sup> Place	11	7	32
Honorable Mention	6	1	13
Total	30	57	103



A healthy school environment helps students achieve their full academic potential and develop healthy habits for a lifetime. What happens in the classroom, gymnasium, cafeteria, at school activities, and through school communications reinforces to students, staff, and families the importance of healthy eating, physical activity, and a tobacco-free lifestyle.

### Some of the many accomplishments of the HSERP schools include:

- Increased fruits, vegetables, milk, and whole grains offered in school
- Improved health habits of staff (a collective loss of 231 pounds for staff in one school)
- Switched to healthy foods or non-food items such as a fun run/walk for fund-raisers
- Removed soda pop and installed healthy snack machines
- Installed a climbing wall
- Implemented a before-school fitness club and student or parent walking programs
- Opened school physical activity facilities to community members
- Planted school gardens
- Focused nutrition education on MyPyramid food groups; milk, fruits, vegetables, grains, meat & beans
- Partnered with community organizations to teach nutrition and provide physical activity options
- Revised and promoted tobacco-free policies
- Used Michigan's Healthy School Action Tools (HSAT) to guide improvements
- Strengthened and expanded their Coordinated School Health teams and involved students

Visit [www.mihealthtools.org](http://www.mihealthtools.org) and select "Healthy Schools, Healthy Students" to read how schools made these changes at the Healthy Schools Success Story website; for more information about the HSAT; and to apply for the 2009 Healthy School Environment Recognition Program in November 2008!